


# DALLAS MEDITATION CENTER (One Dharma)

# MAY 2015

| Sunday  | Monday   | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday  |
|---|--|--|--|--|---|---|
| <p><b>DMC Office Hours:</b><br/>Mondays – Thursdays<br/>11:00 am - 4:00 pm<br/>(972) 432-7871<br/>727 S. Floyd Rd., Richardson, TX 75080<br/><a href="http://DallasMeditationCenter.com">DallasMeditationCenter.com</a></p> | <p><b>Director:</b> Brother ChiSing<br/><b>Manager:</b> Bobbie Perkins<br/><b>Communications:</b> Cornell Kinderknecht<br/>727 S. Floyd Rd., Richardson, TX 75080</p>              |                |  |  | <p><b>1</b><br/><br/><a href="#">Your Event Could Go Here</a><br/><br/>7-9p DRUM Circle - Dorayne</p> | <p><b>2</b><br/>9a-12:30p YOGA &amp; MEDITATION Retreat - Andy<br/><br/><a href="#">Your Event Could Go Here</a></p>  |
| <p><b>3</b><br/>12:30-2p CRYSTAL Bowls - Bryan<br/><br/>5-7p AWAKENING HEART Meditation service - Terry Cortes-Vega: "Enlightenment Here and Now"</p>   | <p><b>4 Full Moon</b><br/>12-12:45p ZEN-to-Go<br/>2-3:15p YOGA - Andy<br/>6-7p TAI CHI - Janna<br/>7:30-8:30p QIGONG - Janna<br/>7:30-9:30 Mindful Monday Meditation - Cornell</p> | <p><b>5</b><br/>12-12:45p ZEN-to-Go<br/><br/>7-9p YOUNG ADULTS (20's &amp; 30's) Meditation</p>  | <p><b>6</b><br/>9-10a TAI CHI - Janna<br/>10:30a QiGong - Janna<br/>12-12:45p ZEN-to-Go<br/>2-3:15p YOGA - Andy<br/>7:30-9p INTERBEING Sangha - Bobbie Perkins</p> | <p><b>7</b><br/>12-12:45p ZEN-to-Go<br/>6-6:45p ZEN-to-Go<br/>7-8:15p YOGA - Andy</p>  | <p><b>8</b><br/><br/><a href="#">Your Event Could Go Here</a></p>                                     | <p><b>9</b><br/>10a-12:30p REIKI<br/><br/>5-9p FLUTE CIRCLE</p>   |
| <p><b>10 Mother's Day</b><br/>12:30-2p CRYSTAL Bowls - Bryan<br/><br/>5-7p AWAKENING HEART Meditation service - Bobbie Perkins: "Mothers of Enlightenment"</p>  | <p><b>11</b><br/>12-12:45p ZEN-to-Go<br/>2-3:15p YOGA - Andy<br/>6-7p TAI CHI - Janna<br/>7:30-8:30p QIGONG - Janna<br/>7:30-9:30 Mindful Monday Meditation - Cornell</p>          | <p><b>12</b><br/>12-12:45p ZEN-to-Go<br/><br/>7-9p YOUNG ADULTS (20's &amp; 30's) Meditation</p> | <p><b>13</b><br/>9-10a TAI CHI<br/>10:30a QiGong - Janna<br/>12-12:45p ZEN-to-Go<br/>2-3:15p YOGA - Andy<br/>7:30-9p INTERBEING Sangha - Bobbie Perkins</p>        | <p><b>14</b><br/>12-12:45p ZEN-to-Go<br/>6-6:45p ZEN-to-Go<br/>7-8:15p YOGA - Andy</p> | <p><b>15</b><br/><br/>7:30-9p Osho DYNAMIC Active Meditation - Ana</p>                                | <p><b>16</b><br/>10a-1:00p BEGINNERS Meditation workshop - Bobbie<br/><br/>2:30-5:30p Hemi-Sync Meditation<br/><br/>7:00p - Crystal Bowls &amp; Flute Bryan &amp; Cornell</p> |
| <p><b>17</b><br/>12:30-2p CRYSTAL Bowls - Bryan<br/><br/>5-7p AWAKENING HEART Meditation service - (to be announced)</p>  | <p><b>18 New Moon</b><br/>12-12:45p ZEN-to-Go<br/>6-7p TAI CHI - Janna<br/>7:30-8:30p QIGONG - Janna<br/>7:30-9:30 Mindful Monday Meditation - Cornell</p>                         | <p><b>19</b><br/>12-12:45p ZEN-to-Go<br/><br/>7-9p YOUNG ADULTS (20's &amp; 30's) Meditation</p> | <p><b>20</b><br/>9-10a TAI CHI<br/>10:30a QiGong - Janna<br/>12-12:45p ZEN-to-Go<br/>7:30-9p INTERBEING Sangha - Bobbie Perkins</p>                                | <p><b>21</b><br/>12-12:45p ZEN-to-Go<br/>6-6:45p ZEN-to-Go<br/>7-8:15p YOGA - Andy</p> | <p><b>22</b><br/><br/>7:30-9p CHANNELING "Jacob" - Bobbie Perkins</p>                                 | <p><b>23</b></p>  |
| <p><b>24</b><br/>12:30-2p CRYSTAL Bowls - Bryan<br/><br/>5-7p AWAKENING HEART Meditation service - Cornell Kinderknecht: "Everyday Enlightenment"<br/><br/>7:30-9p TaKeTiNa - Michael</p>                                   | <p><b>25 Memorial Day</b><br/>12-12:45p ZEN-to-Go<br/>6-7p TAI CHI - Janna<br/>7:30-8:30p QIGONG - Janna</p>   | <p><b>26</b><br/>12-12:45p ZEN-to-Go<br/><br/>7-9p YOUNG ADULTS (20's &amp; 30's) Meditation</p> | <p><b>27</b><br/>9-10a TAI CHI<br/>10:30a QiGong - Janna<br/>12-12:45p Zen-to-Go<br/>7:30-9p INTERBEING Sangha - Bobbie Perkins</p>                                | <p><b>28</b><br/>12-12:45p ZEN-to-Go<br/>6-6:45p ZEN-to-Go<br/>7-8:15p YOGA - Andy</p> | <p><b>29</b><br/><br/><a href="#">Your Event Could Go Here</a></p>                                    | <p><b>30</b><br/><br/><a href="#">Your Event Could Go Here</a></p>  |
| <p><b>31</b><br/>12:30-2p CRYSTAL Bowls - Bryan<br/><br/>5-7p AWAKENING HEART Meditation service - Brother ChiSing:<br/>*Enlightenment can be as simple as YES &amp; THANK YOU*</p>   | <p><b>INTERFAITH ENLIGHTENMENT</b></p>   |  |  |  |   |   |



# MAY 2015 @ AWAKENING HEART

**SPECIAL DMC EVENTS** - please see website for full list and description of all events

- **Yoga/Meditation Retreat** w/Andy McDonald - Saturday, May 2, 2015 - 9:00am - 12:30pm
- **Osho Dynamic Active Meditation** w/ Ana Shoemaker - Friday, May 15, 2015 - 7:30 - 9:00pm
- **Beginner's Meditation Workshop** w/ Bobbie Perkins - Saturday, May 16th - 10:00am - 1:00pm

**\* SUNDAYS (5:00 - 7:00 pm) \***

Free – ALL ARE WELCOME (donations appreciated)

**"AWAKENING HEART" (Community of Mindful Living)** – Facilitated by Brother ChiSing & others, this Interfaith Buddhist Meditation Community (*inspired by the teachings and practices of Thich Nhat Hanh and other great spiritual teachers*) is our largest main meditation gathering of the week with walking and sitting meditations, kirtan chanting & music, inspiring messages, and community sharing (*open to all levels of meditation experience, both beginners and more experienced meditators*). Childcare every Sunday.

**MAY Theme: "INTERFAITH ENLIGHTENMENT"**

**May 3** - Speaker: Terry Cortes-Vega (Thich Nhat Hanh dharma teacher)  
"Enlightenment Here and Now"

**May 10 - (Mother's Day)**  
Speaker: Bobbie Perkins (Aspirant, Order of Interbeing)  
"Mothers of Enlightenment"

**May 17** - Speaker: Brother ChiSing (Spiritual Director, Interfaith Buddhist)  
"Enlightenment Can Be So Messy!"  
Music: Gary Floyd

**May 24 - (Memorial Weekend)**  
Speaker: Cornell Kinderknecht  
"Everyday Enlightenment"



**MONDAYS (7:30 - 9:00 pm) - Mindful Mondays** - Facilitated by Brother ChiSing, Cornell Kinderknecht and others. Walking and sitting meditation, chanting, mindful movement, discussion/sharing. All are welcome. Some previous meditation experience is helpful. During April and May, we will be discussing the book *No Mud, No Lotus* by Thich Nhat Hanh.

**WEDNESDAYS (7:30 - 9:00 pm) - Interbeing Sangha** - Facilitated by Bobbie Perkins and other trained sangha facilitators. A meditation group practicing and studying the teachings of Thich Nhat Hanh. • Two sitting meditations • Walking meditation • Singing/chanting • A dharma talk or study.

**Mindful Yoga for All Levels with Andy McDonald, RYT**

MONDAYS & WEDNESDAYS 2:00-3:15pm & THURSDAY evening, 7:00-8:15pm

**Tai Chi for Busy People (Easy Tai Chi) & Qigong with Janna Whitton**

Tai Chi -- MONDAY 6:00-7:00pm, WEDNESDAY 9:00-10:00am

Qigong -- MONDAY 7:30-8:30pm, WEDNESDAY 10:30-11:30am

**WWW.AWAKENINGHEART.ORG**